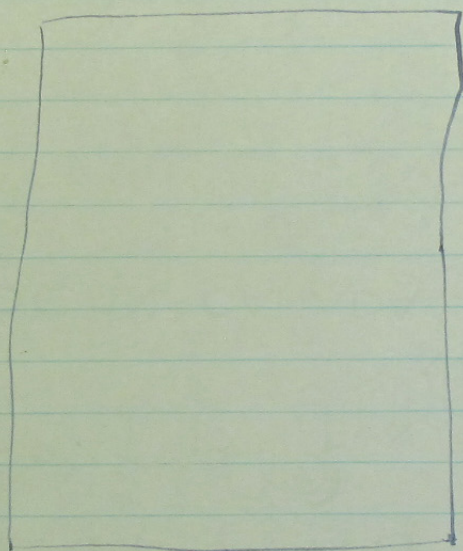


2 Mats - \$48
 3 Basketballs - \$36
 3 Forms - \$54
 1 Badminton Net - \$5
 12 Bean Bags - \$2.50 each - etc. etc.
 2 Volleyballs - \$10
 1 doz Wands - \$2.00
 + doz. Clubs - \$5.00
 2 stall Bars - \$40.
 2 Baseballs + bats 5.00



Study 'Swimming Pools'

I told Rhys I ^{was} wanted
 going to be a career girl
 & he said "Don't u
 dare" - etc. etc.

Sweden ✓
 Germany ✓
 Danish ✓
 Scotland ✓
 Norway
 Hungarian ✓
 Bohemian
 Dutch ✓
 Wales
 France ✓
 Russia ✓
 Czechs - Slovakian ✓
 Irish
 Austria
 Poland
 Japan

Before giving monetary awards or changing
awards find out what has happened B.Y.

Immunity

Immunity is the power of the body to resist the activity of pathogen^{micro} organisms. Immunity refers to all types of diseases.

- e.g.
- 1) communicable diseases
 - 2) diseases of nutrition
 - 3) acute poisons
 - 4) chronic diseases
 - 5) nervous diseases
 - 6) local infections
 - 7) cancer & tumours

The question of living fully in the present society partly resolves in combating disease. For this reason man must be aware of the dangers of attacks of pathogenic bacteria.

As you know immunity may be artificial or natural. Disease prevention by active artificial immunization is our chief weapon of control of certain infections such as smallpox. Efficiency of such measures is only achieved when immunization is made compulsory & enforced. In some localities people rebel against it & the situation is discouraging but those who remain unvaccinated are sufficiently punished if they contract infection.

Health authorities can help ^{Read pamphlet} ^{Useful to child during 1st yr. of life} public by ^{school} ^{clinic}

- 1) education of public of advantages - radio etc.
- 2) distribution of free vaccine
- 3) providing for "administration"
- 4) physicians immunizing their clients.

Passive artificial immunization has helped tremendously in the conquest of diseases such as diphtheria

+ scarlet fever. These are particularly apt to attack school aged children. In Toronto at present time 6 children have died of Diphtheria since 1942 & 20 cases reported. Still 40,000 children in this city have not been inoculated.

In the past there has been a foolish belief that every child must have a disease sometime & you might as well get them over & that if they had them while young they would recover better than when later. It is true that most communicable diseases do occur during childhood. In our schools children must be taught how to prevent them.

In school as well as at home they should be educated in good health habits & personal cleanliness. This includes all means available to impress on young & old the necessity of such habits.

Proper Sanitation - in ^{Comm -} Schools - is necessary
to prevent spread of disease -

Thorough cleanliness of school property
such as floors, walls, wash-rooms
and ~~lunch~~ class rooms the spread
of contagious diseases have been curbed.

Dirt and dust that is a ready source
of growth of germs is washed away
or swept with ~~the~~ disinfectant granules -

Waste-baskets at frequent intervals
in the halls, classrooms and lunchrooms
prevents bits of old paper, Kleenex,
food and scrapes to collect and in
deteriorating form an excellent hiding
place for germs -

Washrooms are kept clean with
a sufficient supply of individual
paper towels, with a waste basket
below. Soap of the liquid type
eliminates spread of germs that the
old bar soap method caused.

Disinfectant apparatus is attached
to all water tanks and a limited
flow is issued for each flow of the tank.

Drinking Fountains are kept clean
with water flowing at a reasonably
height - this is a far cry from the
old tin cups formerly used which
caused so much spread of disease -

Lunch rooms that are clean and 54

giving from an excellent place for students to eat their lunch. Old food fruit or food attract flies and insects that breed disease and hence all refuse should be removed immediately after lunch hour is over -

Nurse and doctor check the sanitation on the school and ~~and~~ The Health Officer visits schools from time to time -

Ventilation of all rooms is very important so that stale air will not be allowed to spread disease -

Water is checked even though it comes from the water works -

● B. Stunt-like.

1. Working in couples - Dive in tight pike - turn & come up w hds. on edge of pool.

On signal swim 2 BAT SK. fol by surface dive f. by outstuck. bkwd S-S. Repeat to shallow end. At this end work in 2's swim wally crawl to deep end - 2 front + 2 sk toward part. Hds joined in O and balled up fwd S-S. Then in pos to do gliding or planking - lie stria. rais hd & touch toes of part. Give little pull duck H + hd tips lift & pull part over you B. (Done by advanced swimmers - 5 people)

Shadow Swim - deep with one under ^{water} on

● bk BSK & one on top on front BSK.

4 or 2 joined do tandem Side stroke.

HH. On back do some stunt e.g. sub. down pool & tapeds bk. Finish by moving to pos. & across & go into outstuck. bkwd. S-S & move formation.

C. Floating Formations. -

I Plain floating O on bk. H. in centre. A's joined - yd E. Lower ft & head water Shlds. under. Still in O - change & rev. O. A's ext. II Alt. Around O one face in - 1 out. On faces. 1 face centre separate ft so other can hold ft.

● III. H. in centre & part outs. One in centre float on sk, ft 2. gether. Part. hold ft. & side stroke Around.

TO. Large Waterwheel - 8 in circle 50
4 face in & 4 out alt. Those face out

reach down & grasp near ant. of gill on either
side. Others likewise. On signal
all inhale deeply & go into face float pos.
taking care to hold on tightly. Swimmers
facing in separate legs & hold A out
horizontally so may grasp which is held
2-getter of people facing out. This maintains
solid wheel in circular hub & not
changed into moving wheel by 4 swimmers
& 4 pt of compass swimming side stroke
To Pyramid style Sculling & flutter
by top & bottom.
Floating in simple exercises.

Distribution of Activities by Age Periods.

Age	Total Awake hrs.	Big Muscle	Manual	Linguistic	Automatic	Doing Nothing
0-1	-----	-----	-----	-----	-----	..
1	9 - $\frac{1}{2}$	-----	-----	-----	-----	..
2	10 - $\frac{1}{2}$	-----	-----	-----	-----	--
3	11 - $\frac{1}{2}$	-----	2	-----	2	? -
4	12	-----	2	-----	2 - $\frac{1}{4}$?
5	12 - $\frac{1}{2}$	4 - $\frac{1}{2}$	2 - $\frac{1}{2}$	2 - $\frac{1}{2}$	2 - $\frac{1}{2}$?
6	12 - $\frac{3}{4}$	4 - $\frac{3}{4}$	2 - $\frac{3}{4}$	2 - $\frac{1}{2}$	2 - $\frac{1}{2}$?
7	13	5	3 - $\frac{1}{2}$	2 +	2 - $\frac{1}{4}$?
8	13 - $\frac{1}{2}$	5 - $\frac{1}{2}$	3 - $\frac{1}{4}$	2 - $\frac{1}{4}$	2	? +
9	13 - $\frac{3}{4}$	6	3 - $\frac{3}{4}$	2 +	2	?
10	14 -	6	3 - $\frac{1}{2}$	2 - $\frac{1}{4}$	2 +	?
11	14 -	6 - $\frac{2}{3}$	3 - $\frac{1}{2}$	2 - $\frac{1}{2}$	2	?
12	14 +	5	4	3	2	?
13	14 - $\frac{1}{2}$ +	4 - $\frac{1}{2}$	4	3 - $\frac{1}{4}$	2 - $\frac{1}{4}$?
14	15	4 +	4	3 - $\frac{3}{4}$	2 - $\frac{1}{2}$? +
15	15 - $\frac{1}{2}$	4 -	4 - $\frac{1}{2}$	4	2 - $\frac{3}{4}$?
16	15 - $\frac{3}{4}$	3 - $\frac{1}{2}$	4 - $\frac{3}{4}$	4 - $\frac{1}{2}$	2 - $\frac{3}{4}$?
17	16 -	3 +	4 - $\frac{3}{4}$	4 - $\frac{3}{4}$	3 -	?
18	16	2 - $\frac{1}{2}$	5 - $\frac{1}{2}$	5 -	3	?
19	16	2	5 - $\frac{3}{4}$	5	3	?
20	16	2	5 - $\frac{1}{2}$	5 - $\frac{1}{2}$	3	?

Modified P.E. Individual Activity.

Minor Games.

Tether Ball
Darts
Hand Tennis.
Deck "
Quarts.
Horse Shoes.
Bully Ball
Table Shuffleboard.
Shuffle Kick w. discs.
Knick Putt.
Ring Tennis.
Shuffle Bowling.
Kick Disc.
Soccer Golf.

Time Divided thusly: -

1. Instruction
2. Play
3. Relief
4. Special Corrective Period.

1. Time when child definitely instructs in Act w some opp & practicing them. Tools provided & child to use in own play. Places - school yard, gym, special rooms, hallway, class room. Should be quiet & teacher's voice ^{use group} heard. Kind of Group - may be whole or squad. Drill, dancing, Individual events. Least efficient in guidance. May be good 2 increase and of act. Avoid repetition of error. Large group in 2 smaller units under leader - may be divided up 4 games. Small group or squad 4-8 persons. Adapted to individual events. Also 4 games of small teams. Most natural form - more neighbourly - Ch. feels own contribution participating in expression, resp. to group. "Long". Enables greatest opp & leadership & followership. Depend on Act. presented & type of organization wanted.



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